

Reiki Vidya Niketan

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Balancing Nature and Culture

We just had some great celebrations on the math's 13th anniversary at Devrukh. Our sadhaks came out with some supreme divine performances as they presented some dramas and dances. I realized how talented my sadhaks are. My dream was to start an Art division of Devrukh ashram as I believed that the art is an expression of spirituality. Human life has two dimensions to it- Spiritual and Material. The foundation of Spirituality is Prakrutik (Natural) while that of Material life is Sanskrutik (Cultural). These two foundations give a balance to these dimensions and a life itself. Nature and Culture are the two pillars of human life. If the Culture does not have a support of the Nature there is a mess in human life. If you look at the world around you will realize that we are missing both these vital aspects of humanity. The absence of Prakriti (Nature) and Sanskruti (Culture) has given rise to Vikruti (the distortion or annihilation of mind). We have stopped appreciating the role of nature in our lives and have started taking it for granted. In the name of modern life we have divorced ourselves from human culture too. Culture is nothing but a processed nature, processed with an idea to have an appropriateness. Just like when we cook food by taking a natural ingredient and then process that with an appropriate mixture of other ingredients which go well with the natural raw for of food to begin with. Then what comes out is a delicacy. Or just the way humans create houses from the soil and stones. The process on these materials help the structure to become beautiful, functional and capable of handling different weather conditions. But while doing all these things you are supposed to maintain that basic essence of the nature. But many a times we go overboard and create unpleasant situations, what we have done to the earth and our human lives.

I always believe that every birthday is an opportunity for one to introspect and look whether there is a growth in other aspects of life besides the age of course. The birthday may be of a human or institutional. Looking back at the math's anniversary I could see very clearly how the Math has grown in many aspects. Most of our sadhaks attached to the math have matured with their sadhana having been on this path for more than 12 years. The new sadhaks coming in big way are brining in a new breeze of awareness and alertness providing the right combination of a new and an old. Today the Spiritual dimension of the math is getting supported by cultural dimension. The sadhaks will truly be wonderful balanced persons. Balanced persons create balanced societies and ultimately a balanced world. This is really a great hope for the whole mankind.

I salute to all of you on this day of anniversary and wish you all the best in your life.

Ajit Sir

The Supreme Wisdom of Ramana Maharshi



Q: What is the ego-self? How is it related to real-self?

A: The ego self appears and disappears and is transitory, where the real self is permanent. Though you are actually the true self you wrongly identify the real self with the ego-self.

Q: One has to sublimate ego-self into the true self.

A: The ego-self does not exist at all.

Q: Why does it give us trouble?

A: To whom is the trouble? The trouble is also imagined. Trouble and pleasure are only for the ego.

Q: Is there Avidya (Ignorance) for ego-self?

A: Yes. Remove the ego and the ignorance is gone. Look for it, the ego vanishes and the real self alone remains. The ego professing avidya is not to be seen. There is no avidya in the reality. All shastras (sciences) are meant to disprove the existence of avidya.

Q: How did the ego arrive?

A: Ego is not. Otherwise do you admit of two selves? How can there be avidya in the absence of the ego? If you begin to enquire, the avidya, which is already non-existent will be found not to be, or you will say it has fled away.

Ignorance pertains to the ego. Why do you think of the ego and also suffer? What is ignorance again? It is that which is non-existent. However the worldly life requires the hypothesis of avidya. Avidya is only our ignorance and nothing more. It is ignorance or forgetfulness of self. Can there be a darkness before the Sun? Similarly can there be ignorance before the self-evident and self-luminous self? If you know the self, there will be no darkness, no ignorance and no misery.

It is the mind which feels the misery and the trouble. Darkness never comes and never goes.

Q: Does my realization help others?

A: Yes, certainly. It is the best help possible. But there are no others to be helped. For a realized being sees only the self, just like a goldsmith estimating the gold in various items of jewellery sees only the gold. When you identify yourself with the body then only the forms and shapes are there. But when you transcend your body the others disappear along with your body-consciousness.

Agnihotra at Surya Mandir (Sun Temple): A Historic Event

Reiki sadhaks in Vadodara created a history of a sorts, by performing and teaching Agnihotra at Surya Mandir (Sun Temple) in Borsad near Dharmaj in Gujarat. This is very old Sun Temple which is visited by a lot of Sun worshippers throughout a year. 12 Sadhaks under the leadership of Mr Chandresh Parmar visited Temple on 24th March in the evening and performed the evening Agnihotra there. The team also talked about the benefits of doing Agnihotra and taught the process and principles of Agnihotra Therapy to villagers present there. The program was well attended. The initiative was taken by our Chicago sadhak Ms Ilaben Patel who hails from Dharmaj.



Majestic Surya Mandir



**Sadhaks performing
Agnihotra**



**Surya Mandir at Sunser
Agnihotra**

Staying Healthy without Doctors & Medicines The Principles of Health by Sage Vagbhatta from Ayurveda

Principle 1 : Do not eat any food which is deprived of Sunlight & air while cooking.

The food which is cooked without exposing the same to the air and Sunlight becomes a poison and should be avoided according to the first principle of Sage Vagbhatta. Eating any food cooked in pressure Cookers are to be considered dangerous to health as it does not follow this basic principle. Most of the cookers are made of Aluminum. This metal is considered to be the most dangerous to human health. Ayurveda says that it can cause 38 types of diseases like diabetes, arthritis, bronchitis, TB etc. The life span is reduced. The immunity of the body is also reduced. It is believed that the British people first introduced these utensils in prisons in India to slow poison the freedom fighters by subjecting them to the disastrous effects of this metal. But today we find we are all using this material in our cooking regularly. The best cooker for Indian situation is Solar Cooker if one can substitute the containers inside with Copper or Bronze. Refrigerator is another item which deprives the food of fresh air and sunlight. It is said that refrigerator was first designed in western countries for storing the allopathic medicines and not food. If at all one has to eat from the fridge, please ensure that the food is kept out for at least 48 minutes. Anything like Rice or Dal once you keep in fridge, do not warm again by any chance. Just keep it out for 48 minutes and then eat. Do not warm.

On 15th March, 2013, it was 13th Anniversary of our Math. Every year we celebrate this event with great zeal and enthusiasm. In the morning we do abhisheka of Swami then Udaak Shanti puja and in the evening there is “Palakhi of swami” followed by Bhajan concert. But this year the trend changed. The cultural programme took a new shape. We had prepared a drama on Swami’s life “Ashakya hi Shakya kartil Swami”, another drama was “Amrapali” and there were three other dance performances. Everybody was excited with the event as it was unprecedented and all of us took great pains. We had only three days to prepare as math anniversary just followed Mahashivratri Anusthan.

I would like to share with you all what I learnt from the entire event. It was not just a cultural event but it was a learning opportunity and it was our healing. I also realized that Guru has different ways to teach. Every time Guru will not make us sit in front of him and teach. His teaching is going on every moment if we are aware. Many times he teaches while playing Carom, many times by making us watch a movie or a serial and many times by such cultural events.

It was a big task for us to conduct entire programme without hurting anyone’s feelings. It was a kind of conflict management. I learnt how to create win-win situation wherein everyone is happy. And this is possible only when we leave our ego aside.

As I said earlier, Guru has different ways to teach and make us realize our potential. I could notice that during our practice of drama. Most of the actors chosen for our drama were novice. They had never participated in drama or had appeared on stage before and we had limited choice of actors as many of our sadhaks had just left Ashram after finishing Mahashivratri Anusthan. But I knew Guruji was well aware about everyone’s potential so we relied on Guruji’s suggestion as who should perform which role.

Even the Actors resisted participating as they had never done acting but on Guruji’s insistence they tried and were very happy to realize that they can do acting. I am sure it would be a memorable event for them as all of a sudden they found a new dimension of their personality. At the end of our drama, the joy and satisfaction of every body’s face was reward for our effort. I learnt this was a new dimension of reiki which Guruji was trying to teach. The event gave us a new confidence to us about ourselves which I am sure will reflect on our entire life. I consider it as a healing of oneself as realizing our own potential is also a kind of healing. It takes us one step ahead in our journey from limited being to infinite. You all know the whole idea of spirituality is to realize “Aham Brahmasmi”. To become complete in every sense like God.

The effect of healing was seen when everyone started telling us that next year we will prepare a big drama and will do it more efficiently. What I learnt was that through these dramas and dances Guruji has made the entire group of our sadhaks very vibrant. We are filled up with new energy. Not only actors but people who managed the show on the back stage were having a feeling of contributing something in the event. And even our maid servant “Mausi”, who draped “Navwari” saree on us was having that feeling. According to me this is healing as everyone was connected with this event. And I am grateful to Guruji for giving inspiration for these events and directing us and making us learn so many things playfully without our knowledge. Hence, saints have said it is very difficult to understand Guru unless shishya becomes Guru. As Guru is like ocean and shisya is like a small river. The depth of Guru cannot be measured till you experience that state. To experience this we need to have total samarpan.

Drama: An Expression of Life

Ashwini Telang

Most of us would be aware that Shri Swami Samarth Math, Ojhre celebrated its 13th anniversary on 15th March 2013. For the first time ever, the picturization of events in the life of Shri Swami Samarth and few dances were done by the Reiki Sadhaks. After the program was over, we had a discussion on the overall view and essence behind these activities. It was then that we realized that the Drama had actually churned our outlook towards each situation that occurs in our life.

We had suddenly become aware that it is the way in which we contribute to each situation which makes it best or worst. This instantly reminded me of the A, B, C Model that I was taught during my masters' degree in Psychology. The A-B-C model refers to what happens when an activating event (A) leads to emotional and behavioral consequences (C). However, the emotional & behavioral consequences occur not due to the activating events/ Situations but due to the belief system of the individual. Albert Ellis – the founder of A-B-C model mentions that it is the way we interpret the given situation that decides the consequences rather than the situation itself. The cases which I had discussed in one of my articles on bystanders' effect, if you can recall... I had mentioned about the person who has value system may not fit in the theory of bystanders' effect. In other words, it means that if only their values like compassion & relationship towards the other humans gets enhanced then we can create a society of people who will not be just a passive bystander. The Values like compassion basically, arises from the belief system that an individual has nurtured within. As stated in my other article on "Spiritual Quotient - Spiritual Quotient The need of the hour" that these value systems get enhanced in spiritual practices. In simple words, if we keep on cleansing the blockages that are coming on our existence from time to time we may be in better position even challenge our own irrational belief systems and replace them the required one. This replacing can be done either through awareness or through complete surrender to the supreme. Usually a counselor who uses REBT as therapy enables the individual to be constantly aware about his/ her beliefs and if finds irrational challenges the same.

Awareness about what the situation demands & in what way I can contribute to it are the keys of arriving at the given consequence. The way we do our roles in Drama or Skits and then move away without getting too much involved in it or else the script may be unable to deliver the appropriate morale from it. The same is with our life situation. We can and should only perform whatsoever we can contribute to each demanding situation and wait till another arises. We need not have to plunge into each and every situation where we may not even fit the divine design. Like the way, not every ball in the cricket match is to be touched by the batsman. Certain balls are outside the off stump and they need to be touched. If touched, the batsman may have to lose his wicket. Each situation that occurs in our life itself suggests that we are in position to play certain role in it. In simple words, no situation in ones' life occurs where s/he has no role to play. In the case of batsman even leaving certain balls which may take his wicket is also a role that he has to play. The only thing that one needs is to identify the role may it be small or large and play the same efficiently. The effectiveness will be then seen in the outcome (consequence) of the situation within which one reacted. This shall prove to be a marker in ones' life to identify whether s/he had identified his/ her role appropriately or not. Consistent practice of this may help one to contribute effectively and efficiently to each and every situation that occurs in life. The whole crux is in managing what is manageable and in turn the unmanageable will get automatically managed.

Ashram Events

Mahashivratri Celebrations

Mahashivratri has always been a special event in the history of a Math for the last many years. This year the event was even more special for two reasons: (i) 56 sadhaks participated in the event which is a record number and (ii) the anushthan was strictly followed as per the guidelines which were stringent and tough this time as compared to any other Mahashivratri of the past, This time the emphasis was more on the Rudradhyay and for the first time ever in the history of the ashram, four Mahadrasas were performed which brings the ashram close to Guruji's dream of performing a ATIRUDRA (11 Maharudras). Possibly we should be doing it the next Mahashivratri. The experiences of sadhaks this time were also very unique and most of them felt so light & happy in spite of the strict nature of the anushthan.



Celebrations of 13th Anniversary of the ashram

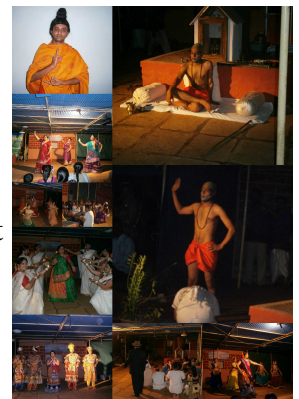


13th anniversary of the ashram was celebrated on 15th March as usual with a lot of enthusiasm and zeal. Hundreds of sadhaks from all over converged on the ashram site for the event. The day started with the traditional Udaka Shanti ceremony in the morning. This ritual basically is performed every year with the vedik traditions for cleansing of Water element within the premises. This helps in maintaining the health, happiness and harmony for the occupants of the place.



The evening was bound to be exciting for various reasons. The two most important reasons were the various artistic talents to be displayed by our own sadhaks for the first time. The teams of sadhaks had prepared themselves for the past 3 days to create a fine program— combination of dramas and dances. Another sadhak of our ashram— Mr Akhade and his dance troupe known for the tremendous pool of talents in dancing backed up with a lot of honours and awards from the dancing fra-

ternity all over Maharashtra, was also to perform that night. Drama picturising events from Swami Samarth's life (titled as Ashakyahi Shakyas Karatil Swami) to be enacted by our own sadhaks as well as a Dance-drama titled Amrapali based on an historic events of Lord Buddha time, were some events which not only the sadhaks but the whole village was looking forward to. Both these items were performed so beautifully that when the day ended well past midnight, every one's hearts were full of joy and respect for their colleague sadhaks. "We never knew that we had so much artistic talent in the midst of us" was a common reaction the next morning. It was as if the wheel of time had swerved back and the times of Swami Samarth and Lord Buddha came out exist from practically no where. Not many really realized that most of these actors on the stage had never ever appeared in any stage art in the past and that included the young ones like Ved (just 3 to 4 years old) and Praveen Kulkarni past his sixties, together. The second most important part was a team of young school students who accompanied the Palakhi procession with a traditional band with drums, cymbals and Lezims. What a pleasant sight it was for the eyes. It was as if the times have really rolled over to that glorious past when Indian culture ruled supreme.



Mahashivratri Anusthan: Some Experience Vinaya Sawant

Good Morning Sir. You might be busy with the Celebration of Vardhapan Din at our Math.

Coming to Devrukh was always divine & will always be divine. I attended Mahashivratri event & did Anushthan for the 1st time, it was a great experience as learnt many things. Sometimes in Moun I felt, there is a bank of knowledge around us, only because of our noise we don't hear & take it. Every moment was learning. Everything happens for our learning. We have to understand, accept & move forward. I would like to share something with you.

Wanted to share in Devrukh, but as you were so much occupied & everybody being there, it was not possible. When I started my anushthan, my boss Mr. Ranjeet Shankar, started harassing me telling that, whatever I am doing is all absurd & I shouldn't do it. He tried convincing me a lot, also used abusing words for our group. He bet me that he will break my fast, so to bring into action he announced party at his place & forced me to come. I felt very sad, but my inner voice said, "do not worry, party will be cancelled". Having faith on the day of party, I went to his table & was about to tell that I cannot make for the party as Nikita is having her exams, he himself said "Guys the party has got cancelled". Believe me Sir, I had tears in my eyes for the reason that your love & blessings had made it & also thanked a lot. Friday was the day for party. Next day Saturday I was home as I had to leave. I had won the cold war, still was feeling how can anybody force me to stop fasting & stop indulging in spiritual path. Had tears & was speaking to Swami, same time Nikita switched on the TV, which had Mahadev serial going on, where I got a message " Those who perform & do Anushthan & Bhakti of Mahadev with real Bhakti & spirit, none other than Mahadev himself has the right to break anybody's Anushthan". I with whole heart said " I Love You Swami, I Love You so much". My Swami is none other than you. Sir, Thanks for all your Love & Blessings & for always being with me. Always shower your love & blessings on me that is all I need.

Only when all choices are valid and all choices are allowed to be equal and no choices are judged less than another or more than another choice do you actually give your self the choice to choose what you prefer. When you invalidate something all of your energy goes towards suppressing its validity and that what manifests. Where attention goes energy flows.

"Because of the lack of discipline and maturity, people are more drawn to teachers who are caught in their glamors, illusions, and vanity than to Teachers who are anxious to tear down the glamors, illusions, and vanities of people. The reason that the world is in such a miserable condition is not because people lack Teachers. The reason is that there is a lack of real, true students and disciples. Teachers are available when one wants to find them."

- Torkom Saraydarian

First Summer Retreat for Children (8 to 14 years) Residential Program At Devrukh Ashram

Between 1st and 10th May 2013

At Shri Swami Samarth Math, Devrukh

A complete program for Holistic Children Empowerment

- **The Purpose & Design of Human Existence**
- **The scientific principles behind Ancient Rituals**
- **Effective Communication Program**
- **Enhancement of Art Skills like Painting, Drawing, Sculpture, Rangoli making, Lantern Making, Clay Modelling etc**
- **Basic Knowledge in Kathak discipline/Folk Dance etc**
- **Martial Art awareness through basic Karate lessons**
- **IQ Tests and Aptitude analysis & Testing**
- **Traditional arts of Lezim Dance**
- **Understanding the Cosmos: Star Gazing**
- **Exciting Trekking experiences in the mountains**
- **Opportunities to learn Reiki, Agnihotra and Meditations for health, happiness and Harmony**
- **Effective learning techniques like Yoga Nidra for better Memory Power and Concentration in studies.**

Only 20 Vacancies on FIRST COME FIRST SERVE BASIS (Maximum 5 allocations per Centre of Reiki Vidya Niketan)

For Registration, contact:

Shri Swami Samarth Math, Devrukh (tel 02354 241322)

Ms krupa Choksi (Tel: 9925033220)

Ms Ashwini Telang (Tel: 8976065116)

Ms Kalpita Keer (Tel: 9833976353)

Fees: Rs 1200/- for the whole program (all inclusive except Travel Costs)

Ashram Wisdom ... What can I contribute positively ?

The greatest romance you can have is the romance with God... He is the lover and our souls are beloved, and when the soul meets the greatest lover of the universe, then the eternal romance begins.

Sri Sri Paramahansa Yogananda

We all know that everyone has come on this earth with a purpose which may or may not be known. Each of us have a role to play in the drama of life. All that one has to do is to understand that role and give off his/her best to achieve the best results. The role may keep on changing with times and situations. Life as you all very well know is nothing but a series of events around. When we relate to these event, we create situations and when we react to those situations we create activities. In every situation that we create we choose our role. However the irony is that having chosen that role we forget the role as well as the fact that we have chosen that. And that creates a mess. All that we need to know really is to think about what can I contribute positively to make this situation a pleasant experience for everyone who is playing a role in that given situation. We need to ask the following three questions: (i) What does the situation require? (ii) Given my strengths, my way of performing, my values, how can I make the greatest contribution to what needs to be done and (iii) finally what results have to be achieved to make a difference? You will realize that to answer all these questions you may have to look within- an introspection. You will realize that we all have a definite role to play in every situation of our life. Many a times we waste the opportunities to contribute or sometimes contribute in a negative way and spoil the situation creating stress for ourselves and others around. Never do that. That will keep on depleting your own energies. Look around, find out what situations have emerged, look within to know what strengths & weaknesses you are made of and then decide your role. And finally play that role 100% without forgetting tat any point of time hat it is only a role that you are playing.

Reiki Seminar Schedule

| Sr. No | Dates | Location | Master | Degree |
|--------|-------------------|-----------|-------------------|--------|
| 1 | 6th & 7th April | Morvi | Seemaben | 1st |
| 2 | 13th & 14th April | Devrukh | Seemaben/Kalpita | 1st |
| 3 | 13th & 14th April | Pune | Vishal | 1st |
| 4 | 13th & 14th April | Mumbai | Rakesh | 1st |
| 5 | 20th & 21st April | Ahmedabad | Bhartiben | 1st |
| 6 | 20th & 21st April | Titwala | Kalpita/Vishal | 1st |
| 7 | 20th & 21st April | Baroda | Ajit Sir/Sangita | 1st |
| 8 | 20th & 21st April | Baroda | Ajit Sir/Seemaben | 2nd |
| 9 | 24th & 25th April | Rajkot | Seemaben | 1st |
| 10 | 27th & 28th April | Thane | Ajit Sir/Kalpita | 2nd |
| 11 | 27th & 28th April | Nashik | Sangita?rakesh | 1st |
| 12 | 27th & 28th April | Kota | Krupa | 1st |
| 13 | 27th & 28th April | Dharmaj | Seemaben | 1st |